

# THE ANCHOR NEWS



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Senior Service Center**  
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[WWW.SJLSC.ORG](http://WWW.SJLSC.ORG)

**HOURS: MONDAY THRU FRIDAY 8 AM TO 4 PM**



## ELECTION FOR BOARD OF DIRECTORS

Below are the dates for the remainder of nominating/election process:

**Oct. 9th Absentee Voting 8 am-3 pm**

**10th, & 11th**

**Oct. 12th Board Election 8 am-3 pm**

**Oct. 19th Board Meeting with Election of Officers 10 am**

**Oct. 20th Annual Breakfast 9 am**

**MUST SIGN UP BY OCTOBER 13TH**

We have 6 candidates running for 4 available seats on our Board. The candidates are incumbents Mark Johnson, Rocco Pavese, and Jerry Radenbaugh, along with Jim Hlifka, Dennis Meadows, and Cheryl Ryno. More information on all these candidates is available at the Center. Please remember to vote!

## BAKELESS BAKE SALE



It's that time of year when we do our major fundraiser. You don't have to buy anything or mess up your kitchen. We just ask that you make a donation of any size to support your Senior Center. This year we will be raising funds until the end of the year for our Building Fund. We all know that the costs of everything is going up, so a little extra in this fund will assist us in running your Center. Simply use the envelope provided in this newsletter to mail in or drop off a donation. Thank you in advance to everyone who assists our Center with this fundraiser.

## VETERAN'S DAY BREAKFAST

**Friday, November 10th, 9:00 am**

**Deadline to sign up is November 3rd**

Starks and Menchinger Funeral Home will once again sponsor our Veteran's Day Breakfast. This breakfast is for Veteran's and their spouses. Mark Casey from Starks Family Funeral Homes and special guest, Steve Herendeen, will be presenting, "Old Glory, The History of the Flag." Come join us for a great meal and learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. After breakfast, we'll learn more about pre-arrangements, Veteran benefits, cremation, burials, and the overall planning necessary for your final arrangements. **Sign up by November 3rd!**



## PAULINE'S POST



October is an extremely busy month at our Center. October begins our fiscal year and it is also when we hold elections for our Board of Directors. Every Director is dedicated to serving our Center. These Directors attend monthly meetings and sign up for several committees (Audit, Building/Long Term Planning, Finance, Fundraising, Nominating and Personnel). These committees also have some members who are non-board members. The Executive Committee consists of the President, Vice President, Treasurer, and Secretary, who all have additional responsibilities.



This year there are six qualified candidates running for four open positions on the Board (in alphabetical order):

Jim Hlifka, Mark Johnson, Dennis Meadows, Rocco Pavese, Jerry Radenbaugh, and Cheryl Ryno. If you do not know the candidates, information about each will be posted in the reception area. All the candidates are Volunteers at the Center.



Election day is Thursday, October 12th from 8 am-3 pm. If you are unable to vote on the 12th, absentee voting is October 9th-11th, from 8 am-3 pm. The early voting will be in the Computer Lab. Although you are a member of the Center, in order to vote **you need to reside in our service area:** City of St. Joseph, St. Joseph Township, Village of Shoreham, Village of Stevensville, Lincoln Township and Royalton Township, **north of Marquette Woods road.** The results of the election will be posted no later than Friday, October 13th.



## Accomplishment

Have you ever wondered what the Center accomplished this past year? Or what we hope to accomplish within the new fiscal year? Sign up to attend the Annual Breakfast to be held on Friday, October 20th at 9 a.m. Basically, it is a review of the past year. You will hear reports from the Board Secretary, Treasurer, President and our Executive Director, Cindi McLaughlin. Also, you will learn what our Center's future priorities are.



You can also enjoy a great breakfast. At least I believe it is great since in the last 3 years, I have had to give a speech and therefore could not take a bite of the breakfast! The **deadline to sign up for the breakfast is October 13th.**



Other October events include: A restaurant fundraiser at Chan's Garden in downtown St. Joseph on October 3th-6th. Their hours are 11:30 am-7:30 pm. Please obtain a voucher at the Center or clip one from page 14 of last month's newsletter. The voucher can be used for either dine-in or take out. It is a great way to support the Center and enjoy some tasty food!



Check the newsletter for the numerous programs being offered in October. Don't forget to sign up early if class size is limited because many programs fill up fast. We will have our last concert of the year on October 5th, a Flu Shot Clinic on October 13th (sign up by October 6th), and several speakers and a variety of classes.

Hopefully, good fall weather will continue this month. Take advantage of seeing fall flowers on the Walking Trail and the colored leaves on the Wild Flower Trail. Have a great month!

Pauline Fox  
SJLSSC Board of Directors  
President

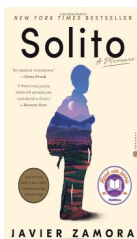


## CONSISTENT MONTHLY PROGRAMS

### BOOK CLUB

**Wednesday, October 11th, 10:00 am**

The book to be read for the month of October is "Solito" by Javier Zamora. Leading the discussion will be Marilyn Mann. If you have a passion for reading, then please join us the 2nd Wednesday of the month.



### FOOT CLINICS

**By Appointment Only**

**Friday, October 13th**

**Friday, October 20th**

**A signed permission form by your doctor is required to receive this service.** Permission forms are available at the Center or can be emailed to you. Once you have this form from your doctor, please call the Center and we will make you an appointment. Your first visit is \$30, which includes a reusable foot care kit. Follow up visits are \$25.



### COOKIES & CANVAS

**Friday, October 20th, 12:00 pm-3:00 pm**

**\$20 per person, payable at sign up-NO REFUNDS**

**Make checks payable to Roy Hruska**

The painting for the month of October is called "Sunflower." This painting is on a 9" x 12" canvas and all materials needed for this class are provided. **Remember to sign up soon.**



### MOVIES AT THE CENTER!

**Tuesday, October 24th, 1:00 pm**

We have a Public Performance License which doesn't allow us to name the movie title to the general public, so you won't find the title of the monthly movie here or on our website. We do advertise the name of the movie within the Center, so look for flyers or call the Center.

**Please sign up if you'd like to attend.**



### LOAN EQUIPMENT

We have an abundance of loan equipment and will be selling many items. You can't beat our prices, so if you are in need of anything, please check with us before you purchase equipment anywhere else. We thank you in advance!

### QUILT WINNER



Congratulations to Linda Cheek, the winner of this year's beautiful quilt called Scrap Happy! This quilt was another work of art by our Quilting Group ladies. The quilt was raffled off at our Annual Picnic on August 25th. Just in time for the colder months ahead to keep you warm and toasty!

### WOOD SHOP MENTORS



If you have a specific project that you would like to make but don't feel confident in taking it on by yourself, a few of our Wood Shop members who have experience and knowledge are willing to assist you. **If you have taken the Wood Shop Equipment and Safety Orientation and have an active paid membership** you can contact one of these volunteers to work with you in the Wood Shop. Information is available at the Center, so please stop by the front desk or at the Wood Shop sign in area and pick up a flyer. You can contact your choice of a Wood Shop Mentor and make arrangements for them to assist you in the Wood Shop. Thank you to these volunteer mentors who are willing to share their passion for woodworking with others!

### ART CO-OP CLASS - NEW

**Mondays, 1:00 pm-3:00 pm**

This is a new class that will be replacing Exploring Art. Please join us to learn, enjoy and experience art in its many forms. Bring your interests and your talents to share with our group and two pieces of art to work on each week. We look forward to seeing you all there and working on our art together!





**BINGO**

**Thursday, October 12th, 1:00 pm \$1**

**Thursday, October 26th, 1:00 pm**

**Please do not enter gym until set up is complete.**







## TRIP IDEAS

This is your last chance to vote on trips for next year. Stop by the trip board at the Center to indicate your preferences. Remember, this is only an interest list; you are not signing up to go on the trip. We will begin booking your adventures soon. Please only vote once per person, per trip.

### DAY TRIPS

- ◇ Air Zoo - Kalamazoo, MI
- ◇ Auto Baron Mansion Tour - Grosse Pointe, MI
- ◇ Barn Theatre - Augusta, MI
- ◇ Binder Park Zoo - Battle Creek, MI
- ◇ Blue Gate Theatre - Shipshewana, IN
- ◇ Broadway - Grand Rapids, MI
- ◇ Chicago Architectural Tour
- ◇ Chicago Art Institute
- ◇ Chicago Botanic Garden
- ◇ Chicago Dine Around
- ◇ Chicago Field Museum
- ◇ Chicago Science and Industry Museum
- ◇ Chicago Shedd Aquarium
- ◇ Detroit Institute for the Arts
- ◇ Drury Lane, IL
- ◇ Elkhart River Queen Boat Tour
- ◇ Fernwood Gardens - Niles, MI
- ◇ Frank Lloyd Wright Home Tours, MI
- ◇ Frankenmuth Wine & Chocolate River Cruise, Bavarian Belle, MI
- ◇ Frederik Meijer Gardens - Grand Rapids, MI
- ◇ Henderson Castle - Kalamazoo, MI
- ◇ Henry Ford Museum - Detroit, MI
- ◇ Holland Tulip Festival
- ◇ Leader Dogs for the Blind Facility Tour - Rochester, MI
- ◇ Lincoln Park Zoo - Chicago, IL
- ◇ Lyric Opera House - Chicago, IL
- ◇ Milwaukee German Fest Pioneer Village, WI
- ◇ Randolph Street Holiday Market-Chicago, IL
- ◇ Quilt Gardens - Elkhart, IN
- ◇ Saugatuck River Cruise
- ◇ Studebaker Mansion, IN
- ◇ Turkeyville
- ◇ Wellfield Garden - Elkhart, IN



### OVERNIGHT TRIPS

- ◇ Albuquerque & Santa Fe, NM
- ◇ Amelia Island, St. Augustine & Jacksonville, FL
- ◇ Ark Encounter & Creation Museum, KY
- ◇ Atlantic City, Cape May, NJ & Philadelphia, PA
- ◇ Atlantic City - NJ, New York, NY & Philadelphia, PA
- ◇ Boston, Salem, & Cape Ann, MA
- ◇ Branson, MO
- ◇ Charleston, SC
- ◇ Garden of the Gods, Royal Gorge, & Colorado Springs, CO
- ◇ Grand Canyon, Las Vegas, Hoover Dam, NV
- ◇ Lancaster, PA
- ◇ Mackinac Island
- ◇ Maine
- ◇ Memphis, TN
- ◇ Miami, Fort Lauderdale & Key West, FL
- ◇ Myrtle Beach, SC
- ◇ New Orleans, LA
- ◇ New York City & Statue of Liberty
- ◇ Niagra Falls, USA
- ◇ Pigeon Forge, Gatlinburg & Smoky Mountains, TN
- ◇ San Antonio, TX
- ◇ Savannah, Jekyll Island & Beaufort, SC
- ◇ Vermont
- ◇ Virginia Beach, Colonial Williamsburg & Historic Norfolk, VA
- ◇ Washington, DC



## COMMUNITY RESOURCE CENTER

Have you checked out our Community Resource Center yet? It's located in what is known as the first class room (where you can find puzzles and the Foot Clinic as well). If you need any information regarding senior care, assisted living, grief counseling, Hospice, Veteran's services, and Medicare Part D this is where you can find it. Feel free to take a look and pick up some brochures!



## CRIBBAGE ANYONE?

If you are interested in playing a game of Cribbage feel free to join in here at the Center on Thursdays from 10:00 am-12:00 pm. Bring your friends and have a great time!

## RAKE A DIFFERENCE

**Thursday, November 9th**  
Volunteer teams will rake



yards for eligible seniors. This will be one day only (rain, snow or shine!). You do not need to be home to have work done. This will be on a first-come, first-serve basis. Spots fill up quickly and you may be put on a waitlist. **Registration closes September 30th**, but callers will be put on a waitlist as soon as spots fill (this usually happens within the first few days). Eligible seniors are ages 60 and older, live in Berrien, Cass, or Van Buren County, physically unable to perform yard work, and are unable to pay for yard services. **Seniors can register starting September 1st. Please call (269) 932-3554 Monday through Thursday, 9:00 am-4:00 pm, and Fridays 9:00 am-12:00 pm.**



**NOTE:** "All advertising content is not endorsed by the Saint Joseph-Lincoln Senior Service Center, but is the view of the presenting organization."

## THANK YOU!

We would like to take this opportunity to thank all of our wonderful Volunteers who assisted us with our Annual Picnic and all of you who made delicious baked goods for our Dessert Raffle. We cannot forget our wonderful Ukulele group who graced us with their musical talents and beautiful voices. We hope everyone enjoyed themselves. We are looking forward to next year and hope to see you all there!



## PUMPKIN CONTEST



**"Tis the season of the pumpkin,  
be it tall, fat, short or round  
I was picked specifically for  
my every pound. So, take a  
chance, play the game, and no  
matter what you guess, you are  
all winners just the same!**

It's the month of the pumpkin and we are having a pumpkin contest! You can find our big fat pumpkin in the gym hallway, so stop by and guesstimate its weight. Good luck!

## COMMODITIES

Do you have 2 hours on the 3rd Friday of each month during the months of November through March? If so, how would you like to help us with commodities? We have folks who come to the Center to pick up their commodities and we need you to make sure they can get them! If this is something you'd like to do, let us know!



**~Volunteers, your teamwork  
makes our dream work!~  
Thank you Volunteers, for ALL  
you do!**

### DONATION OPPORTUNITIES

Contributions to our non-profit 501(c)3 corporation are tax deductible. There are many ways to donate and assist us in continuing to provide many services to our members.

**BERRIEN COMMUNITY FOUNDATION ENDOWMENT FUND** - Made to ensure long term sustainability of our organization.

**BUILDING FUND DONATIONS** - Made to contribute to our direct building expense.

**FORGET-ME-NOT SOCIETY** - Honoring those who choose to make a legacy gift to the SJLSSC Endowment Fund, which is administered by the Berrien Community Foundation. This endowment will provide essential stability for our Center.

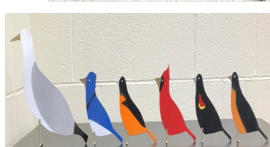
**HONORARY DONATIONS** - Made in honor of someone who has enriched your life.

**MEMORIAL DONATIONS** - Made in memory of a friend or loved one who has passed away.

**PROGRAM DONATIONS** - Designate a donation for a particular program we offer at the Senior Center; exercise classes, Circuit Training Room, Wood Shop or to one of our outside areas; the Walking Trail, Friendship Garden, or Hanes Family Wild Flower Trail.

### HANDMADE METAL ARTWORK

We not only have the metal birds you may have seen or purchased, but now you can also purchase a flamingo (\$25), tulips (\$15), in 5 different colors to choose from, a black squirrel (\$15), an owl (\$20), and a coho salmon (\$25). The sheet metal for the handmade metal artwork was donated by B.E.R. Refrigeration, HVAC & Plumbing and the artist chooses to remain anonymous. We are sure you will love this new metal artwork! You can find the order forms located in the back entrance outside Sharyl's office. Please feel free to stop by the Center to see them on display!



### \*\*\*CURRENT FUNDRAISERS\*\*\*

**CHAN'S GARDEN FUNDRAISER** - We are partnering with Chan's Garden for a fundraising event October 3rd-6th. **Pick up your voucher from the Center (no photos will be accepted) and make a purchase at Chan's Garden.** We will receive 15% less tax and gratuity. As always, we thank you for your support!

**HANDMADE METAL ARTWORK** - We have handmade metal artwork that are double-sided and painted for sale. The proceeds of the sale of this artwork will be designated for the Hanes Family Wild Flower Trail. If you'd like to place an order, please pick up an order form outside of Sharyl's office.

**WALKING TRAIL BRICKS** - This is an opportunity for you to celebrate the life of someone by purchasing a brick to be placed on the walk around the flag poles. Remember a loved one who brought light to your life, a friend or your grandchildren. The purchase of a brick will forever honor or memorialize our loved ones. The profits from this project will assist in maintaining the Priscilla Upton Byrns Walking Trail and Gardens. **Bricks ordered now will be available in the spring of 2024.** Order forms can be emailed, mailed, or picked up at the front desk.

**PLEASE REMEMBER TO STATE WHAT SPECIFIC FUNDRAISER YOU WOULD LIKE YOUR DONATION TO BE DESIGNATED FOR. THANK YOU!!**

### UKULELE BEGINNER LESSONS MEETING

Have you heard about the fun group of people that have been taking a ukulele class here at our Center for several months now? They performed at our Annual Picnic and they were fantastic! Jim Thurman, their leader, has agreed to have a beginner class if there is enough interest. The group would meet on Tuesdays from 2:30 pm-3:30 pm. Jim has limited ukuleles so you might need to bring your own. This class is progressive so you would be making a commitment to be here every Tuesday. **If you are interested, please plan to attend an informational meeting on Tuesday, October 24th at 2:30 pm. Please sign up to attend.**

## RECURRING SCHEDULE

### MONDAYS

9:00 am - Resistive Exercise  
 9:30 am - Quilting Group  
 10:00 am - Calisthenics  
 10:00 am - Jokers and Marbles  
 11:00 am - Balance Class  
 12:00 pm - Tai Chi  
 1:15 pm - Hand & Foot Cards  
 1:15 pm - Beginning Line Dancing **\*\*SEE BELOW\*\***  
 1:00 pm - Art Co-Op **Nov.6 class is Gouache only!**  
 1:45 pm - Intermediate Line Dancing



### TUESDAYS

9:00 am - Resistive Exercise **NO CLASS October 3**  
 9:30 am - Pinochle  
 10:00 am - Range of Motion **NO CLASS October 3**  
 11:00 am - Chair Drumming **NO CLASS October 3**  
 12:30 pm - Advanced Pickleball  
 1:00 pm - Euchre

### WEDNESDAYS

9:00 am - Resistive Exercise  
 9:00 am - Greeting Card Making  
 10:00 am - Calisthenics  
 11:00 am - Balance Class  
 11:45 am - Cardio Drumming  
 12:00 pm - Parkinson's Exercise

### REGISTRATION REQUIRED

1:00 pm - Computer Lab  
 1:00 pm - Mah Jong  
 1:00 pm - Advanced Pickleball  
 1:00 pm - Stitch & Chat  
 1:15 pm - Dominoes  
 2:30 pm - Intermediate Pickleball



### THURSDAYS

9:00 am - Resistive Exercise  
 10:00 am - Range of Motion **NO CLASS October 12 & 19**  
 10:00 am - Cribbage **NEW**  
 11:00 am - Tai Chi  
 12:30 pm - Beginner Pickleball **1st & 3rd week**  
 12:30 pm - Scrabble  
 1:00 pm - BINGO **2nd & 4th week**  
 1:00 pm - Softball  
 1:15 pm - Hand & Foot Cards  
 2:00 pm - Intermediate Pickleball **1st week only, not meeting on October 19th**

### FRIDAYS

9:00 am - Chair Yoga  
 10:30 am - Beginner Pickleball  
 12:00 pm - Parkinson's Exercise  
**REGISTRATION REQUIRED**  
 12:00 pm - Intermediate Pickleball  
 1:00 pm - Euchre  
 1:00 pm - Sit & Share-Parkinson's Support Group



**\*\*No Beginning Line Dancing the first 2 Mondays in October.**

## WHAT WE HAVE TO OFFER

- ♦ Arts/Crafts
- ♦ Betty Kohn Outdoor Fitness Zone
- ♦ Book Club
- ♦ Cards/Games
- ♦ Circuit Training Room - **OPEN 9:00 AM-3:00 PM**
- ♦ Commodity Distribution
- ♦ Community Resource Center
- ♦ Computer Lab/Computer Classes
- ♦ Educational Programs
- ♦ Fitness Classes
- ♦ Foot Clinic
- ♦ Friendship Garden (Seasonal)
- ♦ Garden Nook
- ♦ Golf League (Seasonal)
- ♦ Hanes Family Wild Flower Trail
- ♦ Lending Library
- ♦ Loan Closet
- ♦ Lunch
- ♦ Monthly Movies
- ♦ Parkinson's Support Group (Sit & Share)
- ♦ Pickleball
- ♦ Priscilla Upton Byrns Walking Trail & Gardens
- ♦ Puzzles (to take home)
- ♦ Softball (Seasonal)
- ♦ Transportation In Our Service Area
- ♦ Trips
- ♦ Video of Circuit Training Room Equipment
- ♦ Videos Of Exercise Classes On Our Website
- ♦ Videos Of How To Properly Use Our Outdoor Equipment On Our Website
- ♦ Volunteer Opportunities
- ♦ Website & Facebook
- ♦ Wood Shop - **Open Tues.-Fri. 9:00 am-3:00 pm**



### VOLUNTEERS NEEDED

If you are looking for ways to give back to the community or if you have extra time in your schedule, we need you! We are in need of volunteers in the following areas:

- ⇒ Art/Craft Classes
- ⇒ Commodities Distribution
- ⇒ Front Door Greeters
- ⇒ Fundraising Committee Members
- ⇒ Fundraising - 50/50, Quilt Raffle
- ⇒ Golf Cart Tours of Hanes Family Wild Flower Trail
- ⇒ Handymen or Handywomen
- ⇒ Light Ironing
- ⇒ Newsletter Mailing
- ⇒ Pick up Commodities
- ⇒ Transportation Drivers
- ⇒ Wood Shop Hosts



**If you are interested, please call the Center and speak to our Volunteer Coordinator, Sharyl.**

## IMPORTANT REMINDERS

- ◇ **Remember to sign in when entering the building for any reason!** You need to go through the screens until you find the activity/activities you are here to attend and remember to hit **FINISH** when done so it will log your day's activities. **Please remember that if you are coming in to sign up for a trip, you must sign in for that also on the monitor.**
- ◇ Please remember to arrive at least **10 minutes** before a program is due to begin so you are not interrupting a program by arriving late.
- ◇ The library is now accepting DVDs, audiobooks, magazines (no older than 2 months please), and newer books. If you have anything you'd like to donate, please take them to the front desk. We do not accept VCR tapes.
- ◇ **We are now accepting greeting cards and our real need is for Halloween and Thanksgiving cards.** Also, we are in need of light pink, beige, blue, and lavender envelopes. **We do not need any Christmas cards at this time.** We cannot accept torn or yellowed cards. Thank you so much for your donations!
- ◇ Please call ahead if you need loan equipment.
- ◇ Class descriptions are available at the front desk, on our website and on the bulletin board by the gym entrance.
- ◇ Please remember to call and cancel if you've signed up for a program and cannot attend.
- ◇ Please remember if you have robo call blocker, you will not receive our calls.
- ◇ Please remember to sign up for all programs that you'd like to attend. Thank you!



If you would like an email reminder when the newsletter is online, please email us at [assitant@sjlsc.org](mailto:assitant@sjlsc.org)

## WOOD SHOP INFORMATION

Below is some general information about how our Wood Shop operates. For more details please call or stop at the front desk.

### CURRENT HOURS/DAYS OF OPERATION

**Tuesday through Friday 9:00 am-3:00 pm**

To use the Wood Shop, you must be a current member of SJLSSC and make an appointment to **sign up for a mandatory Safety Orientation Class, which are on Wednesdays only.** You can make an appointment for orientation at the front desk, which is approximately 3 hours. **You need to sign up 2 business days in advance to attend a orientation. Everyone will pay \$20 to take the orientation. This fee will include a 1-month membership, which will start on the 1st business day after the orientation. Also included for this price is a project, which will include all materials to be completed during your first month.** Safety glasses are mandatory. If you do not have a pair, you can purchase them at the front desk; \$2 for regular safety glasses and \$5 for glasses that fit over a prescription.

To use the Wood Shop after orientation, you need to have an active Wood Shop membership and sign all membership documents. **All fees are to be paid at the front desk before you can use the Wood Shop.**

### Wood Shop Member Payment Plans

- \* \$5 daily fee
- \* \$20 monthly fee or \$10 if paid 16th-end of the month (this pro-rated fee only applies the first time you use the Wood Shop. After initial payment, total monthly fee applies).
- \* \$30 monthly fee for couples or \$15 if paid on or after the 16th of the month (this pro-rated fee only applies the first time using the Wood Shop, after initial payment, total monthly fee applies).
- \* \$200 yearly fee or \$300 yearly fee for couples.

### NO REFUNDS AFTER PAYMENT IS RECEIVED.

**Please ask for a copy of the Member Guidelines so you are aware of how our Wood Shop operates.**



## ADVANCE CARE PLANNING

**Wednesday, October 4th, 10:00 am**

Name your advocate: If you're over 18, it's important to name someone you trust to speak for you in a medical emergency if you can't speak for yourself. Get that plan in writing and share it with your family and healthcare providers. Doing so ahead of a crisis is a gift to the people who love you, giving them peace of mind that they can be your voice and honor your wishes. Join Julie Griffin, Advance Care Planning Coordinator for Southwest Michigan, for a free workshop that will answer questions and assist with developing and completing your Healthcare Power of Attorney/Advance Directive. **Please sign up to attend.**

## LAST OUTDOOR CONCERT FOR THE SEASON

**Thursday, October 5th, 1:00 pm-3:00 pm**



Ron's Acoustic Buffet will be here to perform once again. Please join us as we end this concert season. We look forward to next year! **Don't forget to bring your chair!**

## WATERCOLOR WORKSHOP

**Monday, October 9th, 1:00 pm-3:00 pm**

**\$25 per person, payable at sign up**

**Make checks payable to Karen Garavalia**

**Sign up by October 4th, limited to 15 people**



Please join us for a new and fun watercolor workshop as together we paint "Almost Fall." Karen will instruct step by step, bringing her knowledge and expertise to beginners and intermediate painters alike. All materials needed will be

provided to complete this pretty little 9"x 12" watercolor painting.

## SCHWARZKOPF QUILT

**Tuesday, October 10th, 10:00 am**

Please join us as Eileen and Tom Chapman will give a presentation on how Eileen and members of the national organization, Online Quilters II, presented a Patriotic Quilt to General H. Norman Schwarzkopf at the Mendel Center in 1992. Tom will discuss meeting the General and his autobiography. **Please remember to sign up if you'd like to attend this program.**



## COOKING FOR ONE - MEALS IN MINUTES

**Thursday, October 12th, 10:00 am**



Are you tired of cooking for one, have no idea what to cook, bored with cooking? If you answered yes to any of the above questions then please join us as Melissa Powell, a Registered Dietitian from Area Agency on Aging, will be here to teach you how to prepare healthy items that don't require a culinary degree or a day spent in the kitchen. You will leave this program with recipes that are simple, delicious, and that you can make in minutes! **Please sign up to attend.**



## FLU SHOT CLINIC

**Friday, October 13th, 8:30 am-11:30 am**

**Sign up by Friday, October 6th**

We will be hosting a flu shot clinic on October 13th. **Please bring your Medicare card with you.** The shots will be Fluzone high-dose Quadrivalent and a regular Quadrivalent. The criteria for high dose is still 65 years and older. The shot is given in the upper arm, so please dress with that in mind.

## BEST HEARING STORE - "HEARING AID CLINIC"

**Monday, October 16th, 9:00 am-12:00 pm and 12:30 pm-3:00 pm**

**Monday, October 23rd, 9:00 am-12:00 pm and 12:30 pm-3:00 pm**

Quinton Smith returns from The Best Hearing Store to perform hearing tests, hearing aid repairs, and he will find you the best options for those that want help. **Remember to call for an appointment!**



## FILE MANAGEMENT BASICS

**Monday, October 16th 10:00 am-11:30 am Part 1**

**Tuesday, October 17th, 10:00 am-11:30 am Part 2**

Charlie Olszewski will be here to show you how to organize files in your computer. Part 1 will focus on basic Windows skills. Part 2 will deal with organizing folders, finding files, and much more. Both parts have hands on exercises, so for Part 1 bring your phone and a cable to connect the phone to the computer, and for Part 2 be sure to bring the URL (HTTPS or HTTP) for storage and your password. **Please remember to sign up to attend.**

## ELDER LAW PRIMER

**Tuesday, October 17th, 1:30 pm**

What if you or a loved one suddenly needs to be cared for in a nursing home? Would you be able to pay for nursing home expenses, which can be as high as \$9,000 per month? Why couldn't you just give everything to your kids? Would you be prepared to deal with physical and/or mental challenges associated with aging? If you need answers to any of the above questions, please attend this presentation to learn more about Elder Law. Westerbeke Law Firm is a member of the Life Care Planning Law Firm Association and has both an elder care coordinator and Medicaid planner on staff. **Please sign up to attend.**



## ORGANIZED BY DESIGN

**Wednesday, October 18th, 1:30 pm**

Have you ever yearned for a perfectly organized, clutter-free home, but felt overwhelmed by the prospect? Look no further! Join us for an illuminating workshop led by professional organizer, Becky Martin, and discover the art of home organization. In this comprehensive workshop, you will gain invaluable insights into the world of decluttering and organizing. Becky will lead you through each process step, offering guidance on donations, techniques for grouping and labeling items. **Remember to sign up to attend.**



## PHOTO EDITING

**Monday, October 23rd, 9:00 am-10:30 am and 10:30 am-12:00 pm - 4 people for each time slot**

Do you want to learn how to save and improve your camera images to your computer through basic editing techniques? Then, this class is for you! Utilizing Photoshop elements, you will learn how to save, edit and print images. For cell phones, we will review the app called Snapseed to edit images on your phone. Please bring 3-4 images on a USB drive. Ted Post will be on hand to teach this class. **You must have taken the File Management, Parts 1 & 2 class on October 16th and October 17th to attend this class. Sign up soon, each time slot is limited to 4 people only.**



## BIGGEST LITTLE BASEBALL MUSEUM

**Thursday, October 26th, 10:00 am**



In order to give you an opportunity to get into the swing of the Fall Classic, we have arranged for a baseball presentation by Garry Lange, a lifelong area resident, baseball enthusiast, and a staff member with the Biggest Little Baseball Museum. Among the topics presented will be town teams, area big leaguers, Little League, card collecting, and recent rule changes in the game. The Biggest Little Baseball Museum is located on the second floor of the Three Oaks Township Library. It is open during regular library hours, and admission is free. **Remember to sign up to attend.**

## FALL PREVENTION

**Monday, November 6th, 10:00 am**

If you want to know everything you need to know about fall prevention, you will want to attend this program. Rocco Pavese, Physical Therapist Assistant and Senior Fitness Specialist, will give a comprehensive overview of all issues known to cause falls in the senior population. This open discussion will focus on what signs to be aware of related to fall risk, primary causes of falls in senior adults and how to fight back using fall reduction methods that work. Rocco has worked in the Physical Therapy field for over 20 years, and he has focused his professional time on senior adults. He also teaches our Resistive Exercise class here at our Center. **Please remember to sign up if you would like to attend.**



## GOUACHE WORKSHOP

**Monday, November 6th, 1:00 pm-3:00 pm**

**\$30 per person, payable at signup**

**Make checks payable to Alexandra Hibshman**

Get excited for a 2-hour long gouache workshop with instructor Alexandra Hibshman. Gouache is a versatile medium between watercolor and acrylics, allowing you to explore the best of both worlds. Throughout this class you'll learn the essential techniques for working with gouache, from color mixing to layering and blending. You'll progress step by step and finish the course with a beautiful painting. **Space is limited to 20 people, so sign up soon!**





**Menu Is Subject To Change  
Without Notice**  
**Lunch is served at 11:45 a.m.**  
**Arrive 10 minutes early**  
**OCTOBER**

**CALL 269-921-0136 TO SIGN UP**  
**PLEASE CALL BY 10:30 AM 2 DAYS IN**  
**ADVANCE TO MAKE OR**  
**CHANGE LUNCH RESERVATIONS**  
\*\*\*\*\*

Meals are Funded in part by



Served in partnership with the Senior  
Center and Senior Nutrition Services,  
DBA Meals on Wheels of SW Michigan.

| Monday                                                                             | Tuesday                                                                               | Wednesday                                                                           | Thursday                                                                                                                   | Friday                                                                                                                                                     |
|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 Vegetable lasagna<br>Italian vegetables<br>Texas toast<br>Mixed fruit cup        | 3 Chicken casserole<br>Carrot coins<br>Grapes                                         | 4 Taco salad<br>Spanish rice<br>Peaches                                             | 5 Breaded fish sand.<br>Warm potato salad<br>Mixed vegetables<br>Pears                                                     | 6 Hungarian goulash<br>Green peas<br>Tossed salad<br>Fruited jello                                                                                         |
| 9 Chicken/dumplings<br>California vegetables<br>Beets<br>Fruit cocktail            | 10 Shepherd's pie<br>Steamed spinach<br>Dinner roll<br>Yogurt with fruit              | 11 Minestrone soup<br>Saltine crackers<br>Tossed salad<br>Banana                    | 12 Spinach/egg bake<br>Potatoes O'Brien<br>Rye bread<br>Cinn. Applesauce                                                   | 13 Chicken chow mein<br>Stir fried vegetables<br>Diced carrots<br>Spiced fruit crisp                                                                       |
| 16 Bean burrito<br>Cilantro lime rice<br>Diced tomatoes<br>Pineapple               | 17 Honey chicken<br>Scalloped potatoes<br>Steamed green beans<br>Tropical fruit blend | 18 Chef salad<br>Rye bread<br>Berry applesauce                                      | 19 Citrus pork chop<br>Mashed potatoes<br>Oriental blend<br>Mandarin oranges                                               | 20 Beef & noodles<br>Italian vegetables<br>Vanilla pudding                                                                                                 |
| 23 French toast bake<br>Sausage links<br>Collard greens<br>Baked apples            | 24 Cheeseburger<br>3-bean salad<br>Pears                                              | 25 Potato soup<br>Cheese sandwich<br>Tossed salad<br>Fruited jello                  | 26 Chicken courdon<br>bleu pasta<br>5-way vegetables<br>Diced peaches                                                      | 27 Turkey chili<br>Lima beans<br>Coleslaw<br>Pineapple/bday cake                                                                                           |
| 30 BBQ pork rib patty<br>Peas and carrots<br>Tossed salad<br>Mandarin oranges      | 31 Spaghetti<br>Texas toast<br>Steamed broccoli<br>Tropical fruit/cookie              | HAPPY HALLOWEEN                                                                     |                                        |                                                                       |
|  |    |  | Meals provide<br>Carbs: 75 grams<br>Calories: 800 avg.<br>Sodium: 800 mg<br>Protein: 19 grams<br>Total fat: 30%<br>2% Milk | Your donation toward the<br>cost of the meal helps to<br>make sure that these<br>meals can continue.<br>Please be as generous as<br>you can. We thank you! |

### VETERAN'S SERVICES

**Wednesday, November 15th, 10:00 am**

Maureen Adams from Veteran Services will be here to go over the "15 Important Things Every Veteran Should Know." She will cover things such as how to establish your NOI, how to obtain a certified copy of a DD-214, which VHA location you should enroll with to receive your VA care, how to keep good records, and much more. She is here to assist you in obtaining your earned VA benefits, answer questions and provide support at every stage of life. **Please sign up if you would like to attend.**





**To everyone who brings goodies or snacks:**

Lisa Hilton, Dorothy Thar, Margaret O'Neill, Ada Greene, Connie & Joe Ferrier, Mary Streufert, Ann Niedbala, Byron Stock, Vickie Florin, Suzie Clifton, Joan Peden, Janet Smiedendorf, Lisa Hilton, Gloria Muth, Judy Stelter, Adolf Pelzer, Tom Oatman, Phyllis Herod, and Sally Matzke.

**To everyone who donates other items that benefit the**

**Center and Members:** Sharyl Freehling, Rachel Kaufman, Subhas Dhodapkar, Sandra Kay's Bakery, Tracey Sizer, Ronald Schramm, Jerry Geiger, Barb Kunde, Connie Yore, Deb Johnson, Ann Niedbala, Ed Baginske, Rolene Strangler, Joan Peden, Adolf Pelzer, Mike Doroh, Suzie Clifton, Lee Wolford, Hilda Kemper, Judy Matthews, Lynn Hardke,

Debbie Kroening, Hans Willer, David & Betty Mundy, Don & Fredonna Kempf, Dennis Rennhack, Elaine Chartrand, Pat Howell, Brenda Lyons, David Carston, Anonymous, Deb Johnson, Sandra Wheeler, Hazel Lacy, Charmain Hanners, Alyssa Shelton, Marianne Willming, Angela Martin, Loretta Braley, Charlene Gunn, and Jim Artnwoll.

**MONETARY CONTRIBUTIONS:**

- ♦ **Anonymous Donors and Margaret Fife made Donations to our Transportation Program.**
- ♦ **Marion Gathright, Paulette & David Lumley, and Hong Son made a Donation to our Building Fund.**
- ♦ **The Effa Family made a Donation to our Building Fund in appreciation of the many friendships Lawrence enjoyed during his participation at the Senior Center.**
- ♦ **Serge Schillio, Carl Carlson, Jim Neuman, and Rick LaSota made a Donation to the Wood Shop.**
- ♦ **Anonymous members made Donations to our Pickleball Program.**
- ♦ **Donald & Karen Brown, Jack & Jerry Hill, Merrily Mahon, and Barbara Bannow made a Donation to the Brick Fundraiser.**
- ♦ **Marjorie Zibbel & Charlie Olszewski made a Donation to our Parkinson's Exercise Class.**
- ♦ **Don & Joy Janke and Sharon Malone made a Donation to our Exercise Classes.**
- ♦ **Anonymous members made a Donation to our Loan Closet.**
- ♦ **Fredonna Kempf and Elizabeth Mundy made a Donation to the Library.**
- ♦ **Marshall Osborne made a Donation in Memory of Colleen Woods.**

**SPECIAL THANKS** to the members of the Late Blooming Landscapers group who take such impeccable care of our Walking Trail, Wild Flower Trail and all of the landscaping around our property!

**MANY THANK YOU'S** to everyone who brought in produce to share with our members and to the Friendship Garden volunteers who cared for our garden this year!

**WISH LIST:** Muffins, individually wrapped candy, 3M large picture hangers, store bought breakfast pastries, coffee cakes, bottled water, AA batteries, regular and decaffeinated coffee, and sanitary wipes.

**ELIMINATE YOUR JUNK MAIL**



Are you tired of receiving junk mail? If so, bring your junk mail to the Center and Ken Schneider will pick it up for you. He will contact the organization that is sending you these publications. If you would like to take care of this yourself, we have information here at the Center on how to do it. Please remember that it can take several months before you may see a reduction in your junk mail. Please deposit your mail in the box in the front entrance if you want to start this process.

St. Joseph – Lincoln  
Senior Service Center  
3271 Lincoln Ave.  
St. Joseph, MI 49085



**Serving the Community Since 1975**

**It is the mission of the St. Joseph-Lincoln Senior Service Center to provide safe, friendly, and positive social, educational, and recreational services for the 60+ citizens of our community.**

**Executive Board Members**

**President** Pauline Fox  
**Vice President** Tim Kragt  
**Secretary** Patty Nordberg  
**Treasurer** Bob Hopkins

**Board Directors**

Celina Bevelhymmer, Bill Burrows, Mark Johnson,  
Jean Oatman, Rocco Pavese, Ted Post, and  
Jerry Radenbaugh

**Staff**

**Executive Director** Cindi McLaughlin  
**Support Associate** Sharyl Freehling  
**Receptionist** Onalee Hartman  
**Administrative Assistant** Sandy Draper  
**Staff Assistant** Lynn Vince  
**Building Custodian** Tai Huynh  
**Sr. Nutrition Manager** Bill Schiffbauer

**AND ALL OUR WONDERFUL VOLUNTEERS!**

**Helpful Service Numbers**

|                                 |                |
|---------------------------------|----------------|
| Area Agency on Aging            | (800) 654-2810 |
| Elder Abuse                     | (855) 444-3911 |
| Health & Human Service          | 2-1-1          |
| Lakeshore Legal Aid             | (888) 783-8190 |
| Medicaid Hotline                | (800) 642-3195 |
| Medicare Questions              | (800) 633-4227 |
| Michigan OMBUDSMAN              | (866) 485-9393 |
| National Do-Not-Call            | (888) 382-1222 |
| PACE of SW Michigan             | (855) 243-8876 |
| Senior Help Line                | (800) 654-2810 |
| Social Security                 | (800) 772-1213 |
| To Report a Scam-Treasury Dept. | (800) 366-4484 |
| Veterans Affairs Office         | (269) 983-7111 |

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This newsletter mailed @ St. Joseph Post Office on 09-27-23



**OCTOBER ACTIVITIES**

4 Advance Care Planning 10:00 am  
5 Outdoor Concert 1:00 pm-3:00 pm  
9 Watercolor Workshop 1:00 pm-3:00 pm  
10 Schwarzkopf Quilt 10:00 am  
11 Book Club 10:00 am  
12 Board Elections 8:00 am-3:00 pm  
12 Cooking for One 10:00 am  
12 Bingo - \$1 - 1:00 pm  
13 Flu Shot Clinic 8:30 am-11:30 am  
13 Foot Clinic - **BY APPOINTMENT ONLY**  
16 Best Hearing Store Hearing Screening  
**BY APPOINTMENT ONLY**  
16 File Management Basics Part One 10:00 am  
17 File Management Basics Part Two 10:00 am  
17 Elder Law Primer 1:30 pm  
18 Organized by Design 1:30 pm  
19 Board Meeting 10:00 am  
20 Annual Board Breakfast 9:00 am  
20 Commodities - 9:00 am-11:00 am  
20 Cookies & Canvas 12:00 pm-3:00 pm  
20 Foot Clinic - **BY APPOINTMENT ONLY**  
23 Photo Editing 9:00 am & 10:30 am  
23 Best Hearing Store Hearing Screening  
**BY APPOINTMENT ONLY**  
24 Movie 1:00 pm  
24 Ukulele Beginner Lessons Meeting 2:30 pm  
25 Newsletter Mailing 9:00 am  
26 Biggest Little Baseball Museum 10:00 am  
26 Bingo 1:00 pm